DOCUMENT RESUME

ED 444 112 CG 030 326

AUTHOR	Young, Kimberly S.
TITLE	Caught in the Net: How To Recognize the Signs of Internet Addiction--and a Winning Strategy for Recovery.
ISBN	ISBN-0-471-19159-0
PUB DATE	1998-00-00
NOTE	248p.
AVAILABLE FROM	John Wiley & Sons, Inc., 605 Third Avenue, New York, NY 10158-0012 ($24.95).
PUB TYPE	Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	*Behavior Disorders; Behavior Modification; Behavioral Science Research; *Counseling; *Internet; Interpersonal Relationship; *Intervention; Psychological Needs; *Self Management; Time Management
IDENTIFIERS	Addiction Counseling; *Addictive Behavior

ABSTRACT

Until recently, little attention has been given to the addictive potential of the Internet. If left unchecked or unnoticed, this addiction can silently run rampant in schools, universities, offices, libraries, and homes. This book teaches how to guard against Internet overuse. It describes how, by drawing from the same criteria used to diagnosis compulsive gamblers and alcoholics, a questionnaire was given to Internet users to determine if in fact addiction was occurring. Responses from 496 users found that 80% could be categorized as addicts, launching the first research project on Internet use and addiction. Stories are presented from users to help discuss warning signs and how recovery is possible. For mental health professionals, this book can serve as a guide to assist in recognizing the addiction and treating it effectively. It will also help counselors and teachers in schools and universities become aware of Internet addiction so that they can spot it more quickly and counsel students effectively. A questionnaire is included for readers to determine if they are addicted to the Internet. Titles of chapters include: (1) "The Dark Side of Cyberspace"; (2) "Terminal Time Warp"; (3) "Profiles of On-Lineaholics"; (4) "The Faceless Community"; (5) "Cyberwidows: Victims of Terminal Love"; (6) "Parents, Kids, and a Technological Time Bomb"; (7) "Fraternities of Netheads"; (8) "No Work Today, Everybody's Gone Surfin'"; and (9) "Staying on Track." (Contains endnotes and 61 references.) (JDM)

Reproductions supplied by EDRS are the best that can be made
from the original document.